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TRUMP-PUTIN SUMMIT SET

Today's controversial meeting comes just after the president called the EU 'a foe.' 6, 12

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SALUT!

France won its second World Cup title, defeating Croatia, 4-2, on Sunday. 4

5 THINGS TO KNOW

WELCOME TO METRO PHILLY

JOE PANTORNO, SPORTS EDITOR

It doesn't always have to be pretty if it gets results. A defensively gifted French side, with just the right amount of attacking flare, downed Croatia, 4-2, in the 2018 FIFA World Cup Final on Sunday afternoon from Moscow. Les Bleus are now two-time winners of the most coveted trophy in sports, their first coming 20 years ago when they hosted the competition. For more, head inside.

1 DJOKOVIC ENDS TITLE DROUGHT AT WIMBLEDON

Novak Djokovic proved conclusively he remains one of the biggest beasts in men's tennis by outplaying South African giant Kevin Anderson to claim a fourth Wimbledon title on Sunday. The 31-year-old put two years of turmoil behind him to beat a battle-weary Anderson 6-2 6-2 7-6(3) on a sweltering Center Court and add a 13th Grand Slam trophy to his bulging cabinet. It was clear what it meant to the Serb as he ended a two-year Grand Slam title drought by getting his hands back on the trophy he also raised in 2011, 2014 and 2015. "I had many moments of doubt and didn't know if I could compete," said Djokovic, who retired in the quarter-final last year with an elbow injury that required surgery this year. "It's my first Grand Slam final in a couple of years and this is the best place to come back. It's very, very special." Even more so because his young son Stefan watched as he was handed the trophy – although he was not old enough to be allowed to sit through the two-hour, 19-minute final. "I was visualizing, imagining this moment of him coming to the stands, cherishing this moment with my wife and me and everyone."

2 CHICAGO POLICE RELEASE VIDEO OF SHOOTING

Chicago police on Sunday released body camera footage of officers shooting dead a black man as he reached for his concealed handgun, hoping to quell two days of violent and peaceful protests that had branded the incident a case of police brutality. The shooting on Saturday triggered violent clashes that night and more peaceful protests on Sunday in the latest in a string of police killings that have at times sparked nationwide demonstrations. Chicago had its own high-profile case leading to unrest in the 2014 police shooting of 17-year-old Laquan McDonald, who was holding a knife when he was shot dead as he walked away from police. Officer Jason Van Dyke was charged with the murder and is awaiting trial. In this weekend's incident in the city, police shot and killed Harith Augustus, 37, while attempting to apprehend him on a sidewalk, the body camera video showed. As the man attempted to evade police, his T-shirt is pulled up, revealing a holstered handgun. Police opened fire as he reached for the gun.

3 PARIS CELEBRATES AS FRANCE WINS THE 2018 WORLD CUP

Thousands of French fans gather at the Champs Elysee after France defeated Croatia, 4-2 to win the World Cup on Sunday. It was the country's second World Cup title.

GETTY IMAGES

4 US, N. KOREA TO RESUME SEARCH FOR REMAINS

U.S. Secretary of State Mike Pompeo said that talks on Sunday between U.S. and North Korean officials to discuss the return of remains of U.S. service members killed in the 1950-53 Korean War "resulted in firm commitments" and that there would be a follow-up meeting on Monday. It was the first time in nine years that U.S. and North Korean generals held talks. The two sides met on the inter-Korean border and agreed to resume joint field activities to search for the remains of Americans missing from the war, Pompeo said in a statement. "Today's talks were productive and cooperative and resulted in firm commitments," he said. The repatriation of U.S. remains was one of the agreements reached during an unprecedented summit between President Donald Trump and North Korean leader Kim Jong Un in June. Working level meetings will begin on Monday to coordinate the next steps for the repatriation of remains, including the transfer of those already collected in North Korea, Pompeo said. The Pentagon has said North Korean officials have indicated in the past they have the remains of as many as 200 U.S. troops.

5 AT LEAST SEVEN KILLED IN KABUL SUICIDE BLAST

An apparent suicide blast close to a government ministry in the Afghan capital Kabul on Sunday killed at least seven people and wounded more than 15, officials said, in an attack claimed by Islamic State. The attack, which targeted civil servants leaving work in the evening rush hour, was the latest in a seemingly unending series of blasts against civilian targets in Kabul and other major cities including Jalalabad, which has seen three major attacks in the past two weeks alone. "Apparently a suicide bomber detonated his explosive vest at the gate of our ministry," said Fraidoon Azhand, a spokesman at the Ministry of Rural Rehabilitation and Development. "The target was our staff who were leaving to their homes," he said. Islamic State said in a statement carried by its Amaq news agency that one of its suicide bombers detonated a jacket packed with explosives amidst employees of the Ministry of Rural Rehabilitation and Development in Kabul while leaving work. It quoted an unidentified source as saying that 60 people were killed or wounded in the attack, adding that two French citizens were among the wounded.

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‘Les Champions’ France downs Croatia, 4-2, to win second-ever World Cup crown

Bars throughout the city tuned in to Sunday’s Cup Final.

JOE PANTORNO
joseph.pantorno@metro.us

For the second time since 1998, France is the World Cup champion after defeating Croatia 4-2 in the Final on Sunday from Luzhniki Stadium in Moscow, Russia.

Les Bleus have a brilliantly-organized defense and the attacking genius of Antoine Griezmann to thank for the title. Griezmann played a major part in both of France’s goals, his free kick redirected in off the head of Croatia’s Mario Mandzukic before his penalty re-established his side’s lead just before halftime following Ivan Perisic’s equalizer.

A pair of goals in the second half from Paul Pogba and Kylian Mbappe further secured the title of world champions for the French.

This was France’s third-ever appearance at a World Cup Final, all coming in the past 20 years. It is the most of any country during that stretch. Its lone title came in 1998 as hosts before losing to Italy at the 2006 Final in Germany.

That defense was immediately put under pressure as Croatia’s exhibition of a high press ensured it saw plenty of the ball in the early stages of the match, a strong start from a country making its first-ever appearance at a World Cup Final. France though countered with all 11 of its players behind the midfield giving Croatia little time to find that final fatal ball near Hugo Lloris’ goal.

Just like it did against Belgium though, France came up with an opener through a set piece as Griezmann’s free kick from 30 yards out glanced off the head of Mandzukic and past Danijel Subasic in the 18th minute.

It was the first own goal ever scored a World Cup Final.

Croatia found itself in a familiar situation as it was the fourth-consecutive match at this World Cup that it conceded the opening goal.

It answered swiftly as Perisic recorded his fourth goal of the tournament when a trio of Croatian headers fell to the midfielder just outside the French box. After one touch created some space for his thunderous left foot, the Inter Milan man thundered home a strike past the outstretched Lloris to draw things level in the 28th minute.

Video asisted referee allowed France to restore its lead just eight minutes before the break when a review deemed that Perisic handled the ball off a corner. It was Griezmann that came up big again, coolly sending Subasic the other way on his penalty that was tucked into the bottom-left.

Griezmann scoring for France is a good omen as Les Bleus were unbeaten in 20 matches when the Atletico Madrid man scores for them.

The second half evolved into a wave for Croatian pressure as play was constantly housed in the French half. Not only did it have to contend with a staunch French defense while trailing, but also a pitch invasion as three fans ran onto the pitch after a French counter-attack almost resulted in a goal from Mbappe in the 50th minute.

But it was France that doubled its lead as the counter came through in the 59th minute through Pogba, whose first shot was initially blocked at the top box before he sent a left-footed curler past a rooted Subasic.

Five minutes later, Mbappe continued to cement his status as a bona fide star with his fourth goal of the tournament to build France’s cushion to three. Mbappe became the first teenager to score in a World Cup Final since Pele in 1958.

That goal turned out to be much-needed in order to keep France’s advantage a comfortable one after Lloris gifted Mandzukic with a goal. While fielding a back pass, the nonchalant keeper’s pass deflected off the foot of the onrushing Croatian attacker and into the back of his goal in the 69th minute.

Fans cheering on France erupt in excitement while watching the FIFA World Cup at the Brauhaus Schmitz’ viewing party on the 700 block of South Street.
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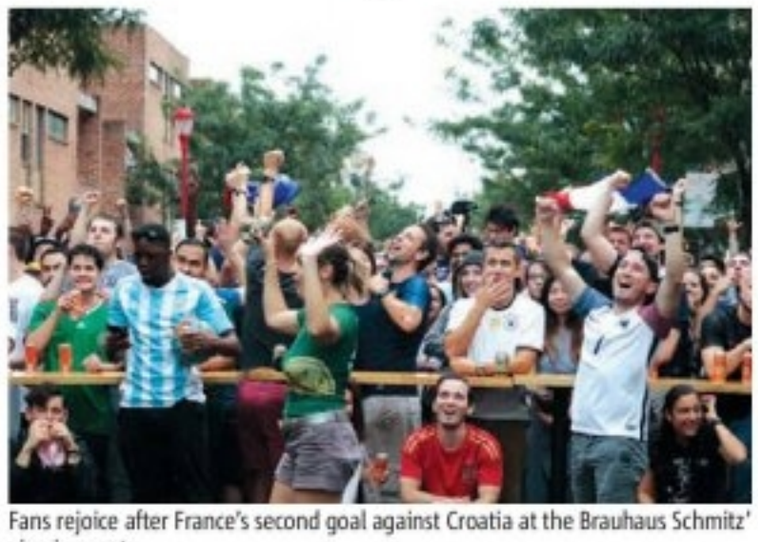

Fans rejoice after France’s second goal against Croatia at the Brauhaus Schmitz’ viewing party.

French fans react during the Brauhaus Schmitz’ viewing party.

Anti-Kremlin protesters invade pitch during World Cup final

The World Cup final between France and Croatia in Moscow was briefly interrupted when three intruders affiliated to anti-Kremlin punk band Pussy Riot ran onto the pitch before being hauled off by stewards. The pitch invaders, who were dressed in police-style outfits, were later detained by police, one of them told Reuters by telephone from a police station near Moscow’s Luzhniki stadium, venue for the match.

Three of Pussy Riot’s original members were jailed in 2012 for staging a protest against Russian President Vladimir Putin in a church and the group have since become a symbol of anti-Kremlin direct action.

In the second half of the match, three people wearing white shirts with police-style epaulettes, black trousers and police hats ran out onto the pitch from the area behind the French goal. A fourth person tried to run onto the pitch but was tackled on the sidelines.

The three people were able to run about 50 meters, dispersing in different directions, before stewards wearing high-visibility jackets tackled them to the ground and then dragged them off the pitch.

The match was halted, but resumed about 25 seconds later. A witness at the stadium said he had seen police escorting the pitch invaders out of the stadium grounds.

Olga Kurachyova, a member of Pussy Riot, told Reuters by telephone she was one of the pitch invaders, and was being held at Luzhniki police station, near the stadium. She said she could not talk further because police were trying to take her mobile phone away from her.

Moscow police issued a statement saying that three young women and a young man had been detained after running out on the pitch during the final.

The pitch invasion was the first significant security lapse in the five-week tournament that has won hosts Russia widespread praise for their good organization and efficiency.

In a post on the Pussy Riot Facebook page, the group said the pitch invasion was intended to bring attention to what they said were human rights abuses in Russia. They alluded to Oleg Sentsov, a Ukrainian filmmaker jailed for 20 years in 2015 after being found guilty of setting fire to two offices in Crimea, including one belonging to Russia’s ruling party, after Moscow annexed the territory from Ukraine.

Russian punk band Pussy Riot took credit for Sunday’s on-field protest at the World Cup. GETTY IMAGES

In the Facebook post, Pussy Riot said their demands included freeing political prisoners, freedom of speech on the internet, freedom to protest, and allowing political competition.

Photographs of the pitch invasion indicated that the pitch invaders did not include the three Pussy Riot members who were jailed in 2012 for performing in the church. REUTERS

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Costly Joint-Pain Injections Replaced By New $2 Pill

New pill boosts the same lubricating joint fluid as expensive and painful injections - without using a needle. Users report dramatic relief from swelling, pain and stiffness without side effects and expense.

By Jack Isler, M.D.
Health News Syndicate

HNS—A popular needle injection for people with joint pain is now available in an inexpensive nonprescription pill. The breakthrough came when researchers discovered a way to deliver the injected "relief molecule" through the digestive system.

Top US clinics have used these needle injections for years because they deliver powerful relief. Unfortunately, the shots are painful and expensive. They also only work on the joint being treated.

The new pill, called Synovia, delivers the same "relief molecule" as the injections. However, it has some impressive advantages. First, it's inexpensive and nonprescription. Also, relief is delivered to every joint in the body because it enters the bloodstream through the digestive system.

This gives it the ability to reduce a much wider variety of pain. Users report greater flexibility and less stiffness in their knees. Hands and shoulders move pain-free for the first time in years. Even neck and lower back pain improve dramatically.

All this without spending over $600 on needle injections and taking trips to the doctor every week.

The medical community is very excited about this new breakthrough. Dr. Jacob Moss says, "Synovia is a great option for those suffering from joint pain. Injections are usually a last resort because of the pain and expense. However, Synovia should be taken at the first sign of discomfort."

New Discovery

The needle injection procedure has been given to hundreds of thousands of patients over the last several years.

Doctors use the shots to boost a critical element of the joint called synovial fluid. This lubricating fluid is found between the cartilage and bones of every joint.

According to the firm's head of R&D, Mike McNeill, "Researchers have been working for years to find a way to boost this fluid noninvasively. The problem was the molecule used in the injections was too large to absorb into the bloodstream."

Top scientists conquered this obstacle by finding a smaller form of the same molecule. This new glucose form is easily absorbed by your stomach and intestines!

Now those who suffer from joint pain can get relief without painful injections. At less than $2 per day, early users like Steve Young are impressed. He says, "I've tried more pills than I can count, without any luck. Synovia is different. My knees and hands haven't felt this good in years!"

Impressive Clinical Results

Leading clinics use injection therapy because it works. Recent clinical trials show the pill form also delivers major relief.

One example is a landmark study out of Europe. In the study the active ingredient in Synovia was compared to a popular NSAID pain reliever. The goal was to see if it could reduce pain and swelling around the knee. The results were incredible!

After just 30 days, more than 8 out of 10 people who took Synovia's active ingredient had NO swelling. However, only 2 out of 10 people who took the NSAID experienced reduced swelling.

The study also looked at cases of severe swelling. Amazingly, zero cases of severe swelling were detected in the group taking the active ingredient found in Synovia. This means it was 100% effective for the cases of severe swelling!

In contrast, 9 out of 10 people taking the NSAID still had severe swelling. McNeill points out, "The impressive thing about this study is the active ingredient wasn't tested against a fake pill. It was up against one of the most popular NSAIDs people use every day. It's easy to see why people in pain are excited to get relief without an injection."

The New Way It Delivers Relief

Getting relief without injections has big advantages. The most obvious is avoiding being stuck by a large needle every week for 5 weeks.

Another downside of injections is the doctor can "miss". The needle needs to be inserted into a precise spot in the joint to work. Otherwise, you risk the treatment being ineffective.

However, boosting your lubricating joint fluid by taking a pill delivers relief to all your joints, not just one.

There's an additional reason the active ingredient in Synovia works so well – it nourishes the cartilage.

McNeill says, "This is vital because cartilage does not have blood vessels. The fluid in the joint serves two very important pain-relief roles: lubrication and giving the cartilage the nutrients it needs to start re-growing."

NO MORE NEEDLES: A popular needle injection pain-killer for joint pain is being replaced. The key molecule in these injections can now be delivered by taking a new low-cost pill called Synovia.

Approved By Leading Doctors

The new delivery system for this molecule has caught the attention of leading medical doctors.

"Needle injections for joint pain have been around for years because they work. Being able to get the same relief molecule through a pill is amazing. Injections may be a last resort, but I'd recommend Synovia at the first sign of pain," said Dr. Marie Laguna.

Dr. Gerardo Pereira, a renowned surgeon from Florida says, "Injections aim to boost synovial fluid, which lubricates the joint. Those suffering from joint pain usually have very little of this fluid. Synovia helps relieve pain by boosting this key lubricant without needles."

Dr. Moss adds, "The research behind the active ingredient in Synovia is very exciting. This product is a great choice for those who haven't had success with other joint pain treatments."

110% Money Back Guarantee

Amazing feedback from users of Synovia has generated a wave of confidence at the company. So much so that they now offer Synovia with a 110% money back guarantee.

The company's president, Michael Kenneth says, "We've seen how well it works. Now we want to remove any risk for those who might think Synovia sounds too good to be true."

Simply take the pill exactly as directed. You must enjoy fast acting relief. Otherwise, return the product as directed and you'll receive 100% of your money back plus an extra 10%.

How To Get Synovia

Today marks the oficial release of Synovia in Pennsylvania. As such, the company is offering a special discounted supply to everyone who calls within the next 48 hours.

A Regional Order Hotline has been set up for local readers to call. This is the only way to try Synovia with their "110% money back" guarantee.

Starting at 6:00 am today the order hotline will be open for 48 hours. All you have to do is call TOLL FREE 1-888-973-7823 and provide the operator with the special discount approval code: SYN18. The company will do the rest.

Current supplies of Synovia are limited, and callers that don't get through to the order hotline within the next 48 hours may have to pay more and wait until more inventory is produced. This could take as long as 6 weeks.

BEFORE: No lubricating fluid or cartilage leads to painful bone-on-bone rubbing.

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President Donald Trump meets with Russian President Vladimir Putin today in Helsinki. GETTY IMAGES

On eve of Russia summit, Trump calls European Union 'a foe'

The meeting comes days after 12 Russians were charged for hacking Dems.

On the eve of his meeting with Russia's Vladimir Putin, President Donald Trump rattled allies once more by labeling the European Union a "foe" with regard to trade.

In a pre-summit interview with CBS News' "Face the Nation" on Sunday, Trump lumped in the EU with China and Russia as U.S. economic adversaries. "I think the European Union is a foe, what they do to us in trade," he said.

Donald Tusk, president of the European Council, replied on Twitter using one of Trump's favorite stock phrases.

"America and the EU are best friends," Tusk wrote. "Whoever says we are foes is spreading fake news."

Trump and Putin will meet on Monday in Helsinki for their first stand-alone meeting since Trump took office in January 2017. Trump departed for Helsinki on Sunday evening after spending the day playing golf at his private club in Scotland.

Trump and his aides have been working through the weekend to soften expectations for tangible results from the meeting.

"I go in with low expectations," Trump told CBS in the same interview. "I'm not going with high expectations."

John Bolton, Trump's national security adviser, said in an interview with ABC's "This Week" that the United States would not be looking for "deliverables" and that the meeting would be "unstructured," beginning with a one-on-one session between the two leaders.

"It isn't a summit," U.S. Ambassador to Russia Jon Huntsman told NBC'S "Meet the Press."

"It's a meeting. ... This is an attempt to see if we can defuse and take some of the drama, and quite frankly some of the danger, out of the relationship right now."

The meeting comes just days after 12 Russian intelligence officers were charged by a U.S. federal grand jury for hacking the Democrats ahead of the 2016 election.

With that in mind, a senior House of Representatives Republican told CBS's "Face the Nation" that Trump should ask Putin in Helsinki which airport the Russian hackers will be extradited to for being taken into U.S. custody.

"Tell us where you're going to extradite those folks," said Rep. Trey Gowdy, who chaired a raucous House investigative hearing on Thursday that highlighted bitter, partisan divisions within the U.S. Congress over a probe of Russian election meddling that has clouded Trump's presidency.

The Helsinki summit, which comes at one of the most crucial junctures for the West since the 1991 fall of the Soviet Union, has alarmed some NATO allies who fear Putin might seek a grand deal that undermines the U.S.-led transatlantic alliance.

"I think the European Union is a foe, what they do to us in trade."

Donald Trump

During last week's NATO summit in Brussels, Trump repeatedly criticized members for failing to spend more on defense and openly questioned the alliance's purpose.

The top Democrat on the Senate Intelligence Committee, Mark Warner, said he was worried about Trump being alone in the room with Putin, without his national-security aides. "We know that Trump doesn't do a lot of prep work for these meetings. He kind of goes in and wings it," Warner said on NBC's "Meet the Press. "I really would feel much better if there were other Americans in the room."

Friday's charges against the 12 Russian officers alleging they hacked Democratic computer networks in 2016 represented the most detailed U.S. accusation yet that Moscow meddled in the election to help Trump.

The president has repeatedly said the investigation into Russian election meddling is a "rigged witch hunt" that makes it hard for him to do substantive deals with Moscow. He has denied any collusion by his campaign with the Russians.

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SAINTS, SINNERS AND SLOTS

Despite the grumbling of NJ officials regarding sports betting, Golden Nugget scores big

If any Atlantic City casino has had a roller coaster summer, and still came out on top, it's the Golden Nugget.

A.D. AMOROSI
letters@metro.us

In July, Golden Nugget won four prizes at the Oscars of the gaming world, the eGaming Review (EGR) Awards, which celebrate excellence in the North American online gaming industry.

During July 1's ceremony at Le Meridien Philadelphia, Golden Nugget took home four EGRs, including two they also won last year (Operator of the Year, Casino Operator), one for Acquisition Strategy, and one for Best Product Innovation. The latter is for America's first real money Online Live Casino Floor Roulette where live video feed, captured on Golden Nugget AC's casino floor, is streamed directly onto computers and smartphones, allowing online patrons to play roulette from anywhere in New Jersey, just as they would in the casino.

Then there is June's circumstance, when the New Jersey state legislature voted positively on the bill to authorize casinos to offer live betting on sports games, online and in person. The hitch, here, was in the Nugget being owned by Tilman Fertitta — billionaire/owner of Landry's, Inc., one of America's biggest restaurant corporations — who also owns the NBA's Houston Rockets.

Under the initial state ruling, those owning 10 percent or more of a sports team can't own a facility operating a sports book in the Garden State. Golden Nugget Atlantic City could offer sports betting as long as Fertitta sold the Rockets within a year. If he did not, he would forfeit that sports-betting license, and all moneys made by Golden Nugget on sports betting during that time period must be repaid to the state.

The Golden Nugget Casino SCOTT G. MORRIS

"Currently, however, Golden Nugget increased its market share to between 35 and 38 percent by continually innovating."
Parisian-born Winter

Enter Thomas Winter, Golden Nugget's GM and Senior VP of Online Gaming. With the Nugget now, for five years, the Parisian-born Winter has impeccable cred as he was CEO of Betclic, the European online sports betting giant.

"We were the smallest casino in town when we launched, with but a 4.5 percent share of the market," said Winter of the hotel, casino and marina space opened in 1985 as Trump's Castle, renamed Trump Marina in 1997, then changed to Golden Nugget when Landry's purchased the casino from Trump Entertainment Resorts in 2011. "Currently, however, Golden Nugget increased its market share to between 35 and 38 percent by continually innovating," noted Winter.

The largest part of its success is due to its online wagering operations. "It's something to be built from scratch as, five years ago, we were at the initial stages of regulating online gaming in the U.S.," Winter said. Golden Nugget started, three years ago, with online baccarat, blackjack and roulette for eight hours a day. Now they are 24/7 with nearly 600 games including slots and Hold 'Em Poker — all topped by the aforementioned live, casino-floor-in-real-time roulette. "This is extremely positive and successful, and pushes our brand to one where we are THE choice for online gaming."

That's how Golden Nugget became the toast of the EGR Awards; an enviable position that makes Winter proud. "It means a lot that we are heralded by our customer base AND the casino business community," he said. "You want to stay innovative, but hungry and willing to take risks. We are a bold, new casino now."

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The William Hill sports book at Ocean Resort in Atlantic City on opening day, June 28, 2018. GETTY IMAGES

NJ gambling already earning millions more: Report

New Jersey spending on gaming and at casinos is already up just one month into legal sports betting.

SAM NEWHOUSE
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Sports betting was only legalized in New Jersey on June 11 but the state is already reporting significant gains from New Jersey gambling in its gaming and casino industries, the state Division of Gaming Enforcement said in a new report released late last week.

It's another concrete sign that the widely predicted boom in Atlantic City, where two new casinos opened on June 28, is taking hold and bringing new New Jersey gambling dollars to the Garden State.

"While it's still early, we're obviously off to a great start," said Joe Asher, CEO of William Hill US, the sports book betting company which has already opened two books in New Jersey, one at Monmouth Park Racetrack and one at Atlantic City's Ocean Resort Casino, which opened in a 7,500-square foot facility on June 28.

Compared to this month last year, total New Jersey gambling gaming revenue Jersey was $233.6 million, a 7.3 percent increase over $217.7 million in June 2017, according to the Division of Gaming Enforcement's report released on July 12. Total casino win was $207.5 million, a 5.1 percent increase over June 2017.

"We always knew there was a big appetite for legal sports betting during the years of litigation, and now it is being proven," said Asher, who added that he expects revenues to keep rising and creating new jobs in the Garden State. "We are proud to be creating new jobs in New Jersey and bringing excitement to our customers."

Given that most major casinos' sports books only opened partway through June, the reported growth could be a mere taste of things to come since the U.S. Supreme Court legalized sports betting on May 14.

$233.6 M

Compared to this month last year, total New Jersey gambling gaming revenue was $233.6 million, a 7.3 percent increase over $217.7 million in June 2017.

Monmouth Park and the Borgata started taking sports wagers on June 14. Ocean Resort and Hard Rock both started "limited soft play" on June 25 but Ocean Resort opened its sports book on June 28, while Hard Rock began offering online gambling as of June 28.

The report also noted that year-to-date, both gambling revenue and casino win was down two to four percent lower than this time last year, at just $1.261 billion and $1.118 billion, respectively. Internet gaming wins, on the other hand, were up 14.9 percent, at $139.5 million in 2018.

And things may be growing even faster for Jersey in the near future as sports gambling takes off with new sports, Asher noted.

"We can't wait until football season," he said.

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Understanding the ins and outs of consensual non-monogamy

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Whether you're partnered or single, investing in your mental health doesn't have to be a solo journey. No one knows this better than the Philadelphia Institute for Individual, Relational & Sex Therapy (PhIIRST). At the end of the day, it's all about braving life's challenges so that you can be your best self.

Ever feel like you're just not cut out for monogamy? Colby Agostinelli, a psychotherapist at PhIIRST, helps couples and individuals understand the many nuances of consensual non-monogamy. Most importantly, she guides them in exploring it with an open mind and heart. The result is usually greater relationship satisfaction and deeper connections.

What is polyamory/ consensual non-monogamy?

It's about our capacity to love and connect with more than one person. The common confusion is that people think consensual non-monogamy is the same as dating or cheating. The difference between cheating and not cheating is that everyone is involved and consenting. It's also not quite dating because it's possible to develop multiple deep, loving relationships.

Why do some of us feel constricted with monogamy?

There's no right or wrong way to do relationships, but from an evolutionary standpoint, none of us are actually wired for monogamy. Unfortunately, many people will end up cheating before they realize that non-monogamy is the way to go for them.

I see lots of people who are already coupled, but want things to open up from there. It's usually that one person wants it more than the other or is coming to terms with these feelings of confinement within monogamy. So we begin by challenging their views about monogamy. For many, it's this idea that loving someone else takes away from loving their current partner. That's one of the biggest myths. You can certainly love more than one person, and that's one of the core concepts of consensual non-monogamy.

Is this normally attached to some degree of guilt or shame?

Sadly, yes. We romanticize the idea of monogamy so much. Even the language of finding "the one" is so rooted in monogamy. People will call their partners their everything, their best friend, so there's this idea of having this one person fulfill all these different roles. For some people, that feels natural; for others, it's unrealistic.

Is it possible to have meaningful, healthy relationships that are consensually non-monogamous?

I'd definitely say so. There's so much growth that happens when you really explore what you're feeling. There's a common fear that if you open up the relationship, you're going to lose that special connection with your partner, but what I find time and time again is the opposite. The relationship actually gets stronger because both people are honoring their true selves.

Why is it wise to go to therapy before implementing consensual non-monogamy?

You're working with someone who's not biased to your relationship and has all these resources to help you make an informed decision as to whether this is right for you or not. In therapy, we work through and challenge these beliefs around toxic monogamy and help people uncover who they really are. It's all about open-minded exploration. There's an essential growth aspect of going from monogamy to non-monogamy, and a lot of people don't have the tools or insight to do it on their own.

If the idea of consensual non-monogamy rings true, PhIIRST's team of experienced, licensed therapists can help you make sense of your feelings and move forward in a healthy, positive light. To learn more, visit www.phiirst.com. They have locations in Center City and Media, Pennsylvania.

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Today's summit in Helsinki between the president and Putin comes with little expectations, at least according to Trump. GETTY IMAGES

TRUMP'S AMERICA

TRUMP EXPECTS NOTHING FROM PUTIN, WILL LIKELY GET IT

Analysis

ELLIS HENICAN

Metro columnist Ellis Henican is the best-selling author of a dozen books. Join Ellis on Twitter @henican.

Why set the bar high? You'll only fall short and leave people disappointed.

Donald Trump made his share of missteps on his way into today's one-on-one with Vladimir Putin in Helsinki, the one-on-one part being only one of them. But the usually boastful American president certainly made no grand promises.

"I go in with low expectations," he assured CBS News' Jeff Glor, before saying exactly the same thing a slightly different way: "I'm not going with high expectations."

Now, that's some Trumpitude! No goal is the one goal that anyone can achieve!

Jon Hunstman, the U.S. ambassador to Russia, tried to help his boss — the president — further dampen expectations by insisting the get-together with Putin isn't even a summit. "I've heard it called a summit," Huntsman said on NBC's "Meet the Press." "This is a meeting … really the first time for both presidents to actually sit across the table and have a conversation."

But Trump being Trump, he immediately went on Twitter saying the not-a-summit really is a summit, even employing a trademark-Trump capital S. "Unfortunately," he typed, "no matter how well I do at the Summit—" blah, blah, blah.

Surely, there's a grand strategy in here somewhere. It's just that no one has been able to find it yet. "He's been very nice to me the times I've met him," Trump told reporters last week in Brussels, previewing his Putin face-to-face. "I've been nice to him. He's a competitor. … He's not my enemy. And hopefully, someday, maybe he'll be a friend. It could happen."

Got it? Didn't think so.

But when Glor asked Trump to identify America's "biggest foe," the European Union was the first name off the president's lips.

Before Russia. Before China. Even before the news media, who he would soon be tweet-slamming again as "indeed the enemy of the people" along with "all the Dems."

So, no. Trump won't grill Putin on Russia's hacking plans for U.S. midterms in November. He won't demand Putin back off in Syria, where Russian forces are making a catastrophe even worse. And, no, he won't demand the extradition of 12 Russian Intelligence officers just indicted by special counsel Robert Mueller for trying to hijack the 2016 presidential election and quite possibly succeeding.

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SEPTA Key is gearing up for Regional Rail launch

Regional Rail riders are seeing more signs than ever of the impending SEPTA Key launch.

SAM NEWHOUSE
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In the coming months, some 50,000 Regional Rail riders, some of whom have been riding the same trains to and from work for literally decades, will have to make a big adjustment as SEPTA transitions all of its most popular transit modes onto using the SEPTA Key. That step is getting closer and closer as SEPTA Key-friendly changes come to the system.

Most city transit riders have been using the SEPTA Key for months already to travel around Philly on the Market-Frankford and Broad Street lines, and the paper Transpass for that system, along with SEPTA tokens, have since been discontinued. But the Regional Rail system has remained untouched, with many riders still using Trailpasses.

"This has been a long march and we're happy to see that it's finally coming to fruition," said Leslie Hickman, chief officer for revenue operations at SEPTA. "It's a cultural shift for the Regional Rail customer. ... For many of our railroad customers, this is a new thing."

"We're not taking them out, we're not changing the design, what we will do is listen to our customers."

Leslie Hickman

On Monday, Regional Rail riders will have to start going through SEPTA Key turnstiles at Suburban Station with Transpasses or tickets from 6 a.m. to 8 p.m. daily. The same system will be installed at 30th Street Station on July 23. Starting in August, Zone 4 passengers will get to start using their Keys to travel the rails through the "Early Adopters program."

While a final rollout date isn't set yet, it won't be long before the entire Regional Rail requires the Key. That much has been obvious to any Regional Rail riders who have been paying attention in recent months to the new SEPTA key turnstiles, entrances and exits that have begun popping up in Philly's biggest Regional Rail stations, 30th Street, Jefferson and Suburban stations.

"They've been seeing for the last year strange devices popping up in our stations," Hickman said. "When the turnstiles came in, that was the eye-opener, that this is real, the Key is coming to the Regional Rail."

These incremental changes are intended to slowly accustom riders to the new technology. Fare validators and SEPTA Key ambassadors have also been training to explain the changes to riders, knowing full well they may face some pushback and even outright anger from some commuters.

"We're not taking them out, we're not changing the design, what we will do is listen to our customers," Hickman said. "It's a challenge but we're up for the challenge."

Despite the changes, the SEPTA Key is bringing lots of benefits to Philly, Hickman said.

It boosts SEPTA's sustainability plans by eliminating paper tickets and cards that get thrown away, she said. Paper transfers will stop being offered as of Sept. 1 with only SEPTA Keys accepted for transfers.

Meanwhile, customers can load value onto their Key card remotely without waiting in line, and can cancel a card if lost without losing any value.

"It's a faster ride. That tap is instantaneous," Hickman said. "It speeds your ride."

The SEPTA Key card reader. CHARLES MOSTOLLER

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New SEPTA locomotives bring more power to regional rail

SEPTA General Manager Jeffrey M. Knueppel is feeling good. With 15 new SEPTA locomotives on the way, he recently went for a ride in a model of a train locomotive that isn't just fast but reliable.

"I'm so excited to be in a new locomotive coming in, I rode in the front of it on the way in," said Knueppel, who did not operate the train but rode in front for the inaugural Siemens ACS-64 ride on train #901 on the Paoli-Thorndale line. "These locomotives are so powerful. Their acceleration is just phenomenal. ... It's a game-changer for us."

He's got good reason to be excited. The 15 new ACS-64 electric locomotives have an 8,600-horsepower engine with more powerful acceleration than most other SEPTA locomotives in their Regional Rail Division.

"More powerful and reliable than our existing equipment, the new locomotives are equipped with our Positive Train Control system and they have a regenerative braking feature," Knueppel said before last week's inaugural ACS-64 ride. "From the cab console, our engineers will be able to monitor the performance of all locomotive systems in real time."

SEPTA General Manager Jeffrey M. Knueppel looks out the window of one of the newest SEPTA locomotives to join the fleet, a new ACS-64.
COURTESY OF SEPTA

The ACS-64, which has twice the horsepower of a large freight train, can reach speeds of 100 MPH, although with Positive Train Control on Regional Tracks, no train will go over a top speed limit of 80 MPH. The regenerative braking helps them build power when they brake.

Eight of the new locomotives are now in service with the remaining ones slated to start running by October 2018.

The new SEPTA locomotives will be put into service toting trains on the Paoli/Thorndale, Wilmington/Newark, West Trenton and Media/Elwyn lines, the most popular Regional Rail lines. SEPTA paid $132.7 million for the locomotives, made possible by the 2013 passage of Act 89 with funding for SEPTA, Knueppel said. On some midday rides, they will go to other lines and be used in conjunction with Silverliner IVs to help those aged trains perform. SAM NEWHOUSE

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Police search for two adults in disturbing playground video

The video shows an adult female kicking a child.

SARAH LUOMA
letters@metro.us

Philadelphia police are looking to identify two adults in a disturbing video taken recently at a playground that shows an adult woman kicking a child.

According to 6 ABC, the video was taken by Philadelphia resident Kelly Jax, who was at the playground with her two grandchildren.

Jax has since handed over the video footage to police, who are concerned for the two children, a young boy and girl, in the video.

The playground video shows a little boy kicking a little girl. Seconds later, an adult male intervenes, telling the two children, "No kicking!"

An adult female then proceeds to kick the little boy twice with force, as she is heard saying, "No kicking! You want to kick? How do you feel?"

Outside of the brief video footage, Jax says she witnessed the events before and after the incident, and found it all equally upsetting.

She told authorities the female adult in the video was actually encouraging the little boy and little girl to fight.

"The man said no hitting, no kicking, and that's when she came around and kicked that boy so hard."

Kelly Jax

"As they were fighting the little boy was distressed. He did not want to fight," Jax said. "[The woman] was standing there laughing.

"The little girl got him in a headlock on the ground and he wanted her off, he couldn't breathe," Jax added.

After the young boy retaliated, the adult female intervened and kicked him.

"The man said no hitting, no kicking, and that's when she came around and kicked that boy so hard," according to Jax.

Concerned for the safety of her children and herself, Jax says she didn't intervene in the situation.

"I didn't go after her and grab her, I should have. I kept reading the comments but I had the girls with me and I couldn't do it because I didn't have anyone there to keep my kids and keep them safe," said Jax.

The playground incident is thought to have taken place on July 10 at the Russo Park Playground located at Cottman and Torresdale avenues.

Police are searching for the two adults in this playground video. YOUTUBE

"Our concern, of course, is for the welfare of the children, both the male and female. We don't know how many children they have, we don't know if they're foster parents, biological. We don't know if they're a couple who were babysitting the kids and the actual parents don't know this happened," Capt. Sekou Kinnebrew said in a statement.

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Philadelphia man charged with killing 6-year-old stepson

A Philly resident was charged in the murder of his 6-year-old stepson last week.

Michael Williams, 39, was accused of killing his 6-year-old stepson Travon Register inside the Southwest Philadelphia home he shared with Travon and his mother on Thursday evening. The boy's mother was said to be at work at the time of his murder.

According to authorities, Williams told police his stepson had been playing outside that evening around 4:45 p.m. when he came in the house and slipped on the family's kitchen floor. Williams told police the boy had injured his head. Williams then had the boy go and lay down in one of the bedrooms to rest.

Local residents and the family of Travon held a vigil this past Friday night to both remember and mourn the loss of the young boy. Police believe Travon died from blunt force trauma to the head.

Michael Williams was taken into custody on Friday evening. GETTY IMAGES

Following the boy's fall, Williams told police he went outside to smoke a cigarette. When he came back into the house, he discovered his stepson was having trouble breathing. He then moved the 6-year-old to another bedroom where he left him so he could go back downstairs.

Williams then told police that when he checked on his stepson again roughly some 40 minutes later the boy was no longer breathing and was unresponsive. Williams called 911 around 7:20 p.m. that night. Philadelphia police are questioning why Williams took so long to react.

By the time the paramedics arrived on the scene, Travon was pronounced dead. Williams was taken into custody and charged on Friday night with the murder of the young boy as well as endangering the welfare of a child.

The boy's mother has since spoken to 6 ABC about the death of her son and her husband's arrest.

"As a mom, you shouldn't have to go through this. I was out at work to keep a roof and food over our head and I wasn't paying attention to little stuff," she said.

The investigation into his death is still ongoing.

SARAH LUOMA

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the GRUMBLE

Pat King
Grumble Editor

Welcome back to another week of Grumbles! Today we have two great reader submissions that really get to the crux of some of those tiny annoying things that chip at you day in and day out.

I can't believe it's only Monday. ISTOCK

READER WRITE-INS:

STOP STANDING ON THE SUB-WAY STAIRS!

So many people have no idea how to walk, I understand that everyone is on their phone 24/7 and really important but this should be no excuse.

My grumble is for those who stand or sit atop/below/on the subway stairs. This is particularly an issue during rush hour.

Stairs are a place for moving, no one hangs out on stairs. This isn't an issue on the escalators! I am so sick of missing my train by a second because someone is blocking the top of the staircase finishing up their cigarette or phone call. Please clear the stairs in a rapid fashion so I can get on with my day and you can continue to stand in inconvenient areas in the comfort of your own home. Please improve your situational awareness and keep your head on a swivel. It's wild out there, this concrete jungle.

Brandon W., *Metro US reader*

MORE TRASH CANS BY BUS STOPS, PLEASE!

When I use the bus system, I am often at a bus stop with a little protective structure that has a couple seats to sit on while I am waiting. But it does not help when the seats are covered with litter from food and drinks left by the last person who was waiting. It really may not fully be their fault as there is seldom a trash receptacle on the same block. Obviously, they were not carrying the mess with them onto the bus, and probably had no way of carrying it on anyways. More trash receptacles would be nice to have.

Margaret Hayward, *Metro US reader*

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The winning caption from Michele Lemieux, *Metro Boston reader*

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Aries The contributions you made will not go unnoticed. Use your experience to help you find solutions that will improve a troubling situation.

Taurus Size things up and get moving. Look at the big picture and make alterations that will position you for a better future. Personal or physical changes will improve your outlook.

Gemini Refuse to let emotional issues lead you astray. Use your intelligence and look for answers that will help put an end to any negativity in your life.

Cancer Time spent with someone you find creative will help you transition from one situation to another. Partnering with someone progressive will bring promising results.

Leo Size up your financial situation and limit your spending. Don't make donations or offer generous gifts. A last-minute decision by you or someone close to you will lead to a dispute.

Virgo Give and take will be necessary. Aiming for equality when dealing with partners, friends or relatives will help you keep the peace as well as get thing done.

Libra Don't leave anything to chance. Do your research and take action. Stay on top of your responsibilities. Offer demanding people suggestions that will take the onus off you.

Scorpio Let others worry about rushing into things and backtracking. Learn from observation and make your decisions based on practical choices. Focus on making personal improvements.

Sagittarius Look at the facts. Someone will mislead you if you are too trusting. Protect your assets and personal information. A proactive approach to how you handle your money is favored.

Capricorn Rise and shine, and plan to start something new. You'll have the perfect setting to bring about change at home or at work. Financial gain is heading your way.

Aquarius If you don't like something, take a pass. Refuse to let anyone bully you or entice you into taking part in something risky or that could end badly.

Pisces Use your intuition when dealing with work-related matters, partners or situations that could influence how you handle your money. Make a commitment to someone you love. EUGENIA LAST

A day in the life of Agatha Boidin

The CEO of Orchestra balances an international career with a healthy home life.

JENNIFER LOGUE
jennifer.logue@metro.us

Agatha Boidin is the CEO of Orchestra, a French clothing brand for kids with headquarters in Philadelphia. PROVIDED

If you're a parent, chances are you're already familiar with Orchestra, an affordable French fashion brand for kids that has its international headquarters right here in Philadelphia. At the helm, is 47-year-old CEO Agatha Boidin, who lives in Villanova with her family and commutes to Center City everyday for work.

Boidin is originally from France, and got her start with the company in 1995 when she came onboard as its CFO.

"I previously worked for an intimate-apparel bra company," Boidin says. "When my husband and I were looking to relocate from Paris to the south of France in Montpellier to start our family, I saw Orchestra was seeking a CFO, and that's where they were based. I demonstrated my combined financial and retail experience and happily got the job. That was in 1995, and I've been with Orchestra ever since. It's been an exciting ride of growth and expansion."

Given the global nature of her work, commuting from the suburbs to the city everyday is a breeze for this international businesswoman.

"I drive from Villanova to our Philadelphia office, and always start my day with a call to our French team and try to arrive by 8:30 a.m.," Boidin says. "Right now, I enjoy the best of both worlds – living in the suburbs while working in the city. I like the energy of Center City, but also love retreating to the suburbs with my husband and three children for some relaxation."

With 600 Orchestra locations around the world, Boidin's work involves lots of travel, so leisure time with her family is a key part of staying balanced.

"I am the CEO for Orchestra in North America and the CEO of retail and marketing for Europe and the rest of the world," she says. "I may be traveling to any of our 600 stores in more than 40 countries. My job is very global — you may find me here in Philadelphia, in the suburbs of France or hopping from one European country to another."

So what does a CEO at a major fashion retailer do day-to-day? Boidin has a long list of responsibilities.

"As CEO, I am checking on sales, marketing promotions, supply chain,and the financials of the company on a regular basis," Boidin says. "There's always lot on my plate, but there's nothing I can't handle or a challenge I can't overcome."

What Boidin loves most about her industry is that it's constantly changing.

"The retail industry is more dynamic than ever, and every day is different," she says.

She also loves the people.

"Not only is it a fun and exciting space to be in, but I what I love most is working with a diverse team and meeting different people from other countries, with different personalities and stories. It's amazing to meet and interact with the many people the Orchestra brand touches."

For those aspiring to a career similar to Boidin's, she offers the following advice:

"Believe in your dream and in your capacity to achieve it and never give up—that's how I've rose up the ranks to the position I am today," she says. "A good leader needs to surround themselves with diverse and talented people; they can make all of the difference in their success."

For more information on Orchestra, visit: shop-orchestra.com.

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'Eighth Grade': Bo Burnham on loneliness, how YouTube has changed and embarrassing adults online

Burnham and Fisher on the set of "Eighth Grade." LINDA KALLERUS/A24

The comedian and director opens up about his new film and the evolution of internet culture.

MATT JUUL
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Bo Burnham has come a long way since he started making viral web videos out of his teenage bedroom in a Massachusetts suburb. The former YouTube star has become a bona fide comedy powerhouse thanks to his hilarious stand-up work as well as his abilities behind the camera, having directed specials for comedians like Chris Rock and Jerrod Carmichael. Burnham is now set to make his directorial feature film debut in the comedy-drama "Eighth Grade," which hits theaters this weekend.

Burnham has masterfully put together a coming-of-age flick for today's Instagram-loving teens. The film, which received stellar reviews after it debuted at Sundance this year, stars Elsie Fisher as Kayla, a quiet 13-year-old girl who's trying to break out of her shell and fit in with her peers while navigating the stresses of middle school in a social media-obsessed culture.

Ahead, Burham reveals what inspired his new film, his thoughts on young people's relationship with the internet and more.

The film does a great job of portraying all the stresses and anxieties of that age, while also making those feelings accessible to people of any age.

That was the hope too, because some people don't see that. Some people are just like, "Man, I remember being that awkward," and I'm like, "You're still that awkward. We're all still that awkward." It's still hard to talk to people. Things are still really strange. It's just at that age, everything is magnified, and everything's on the surface. But yeah, I hope it resonates with people, not just in the nostalgic sense. She reminds me of me now. She doesn't remind me of me then. She reminds me more of me now than then.

What was your eighth-grade experience like in Massachusetts?

I was at Miles River Middle School in Hamilton, Massachusetts, which is the public school connected to the public high school. Yeah, it was good.

Bo Burnham makes his directorial feature film debut with "Eighth Grade."
JEFF VESPA/@ PORTRAITS/A24

Eighth grade was not my most stressful year. It was probably [Kayla's] most stressful year. I was more stressed out sophomore year of high school. I think boys' inner stresses don't really kick in until then.

As one of the first YouTube stars, do you feel like you're career would've taken off like it has if you had started making web videos in today's internet culture?
Today, if a kid wants to break out online, he has to compete with "Tonight Show" clips and movie trailers and everything. That's a bummer. I would worry a kid like me wouldn't get to break out. YouTube right now is serving big corporations and things, as they should, as it makes sense for their business. And creators that have already made it get a platform, but I don't know about kids coming up. I don't know. Maybe it would, but I'd worry that I wouldn't be able to be seen now, which is a bummer.

A24

The topic of loneliness permeates throughout all groups, from adults to eighth graders. How has the internet affected our perception of loneliness?
For me, everything I could do, any piece of work, would be about loneliness to some degree. Everything is about loneliness. So much of life is about loneliness. But it's also not a bad thing, necessarily. That's the crazy thing about the internet. We're hyper-connected, and we're lonely. It's obviously like a cute little phrase, but it just is true, and it's both at the same time. It's changed the way we're lonely because when you're by yourself you aren't really by yourself, but you are. We have an illusion that we're with other people when we're on our phone, and maybe we are, but maybe we're also alone.

Having worked with so many real eighth-graders on the film, what surprised you the most from your conversations with them?
You know, they're actually pretty in control. They actually have a pretty good relationship with the internet, better than I thought. They're really smart. It is the 30-year-olds with the internet that are actually the most embarrassing, that I think are the most hopeless, truly.

"Eighth Grade" opens in theaters July 20.

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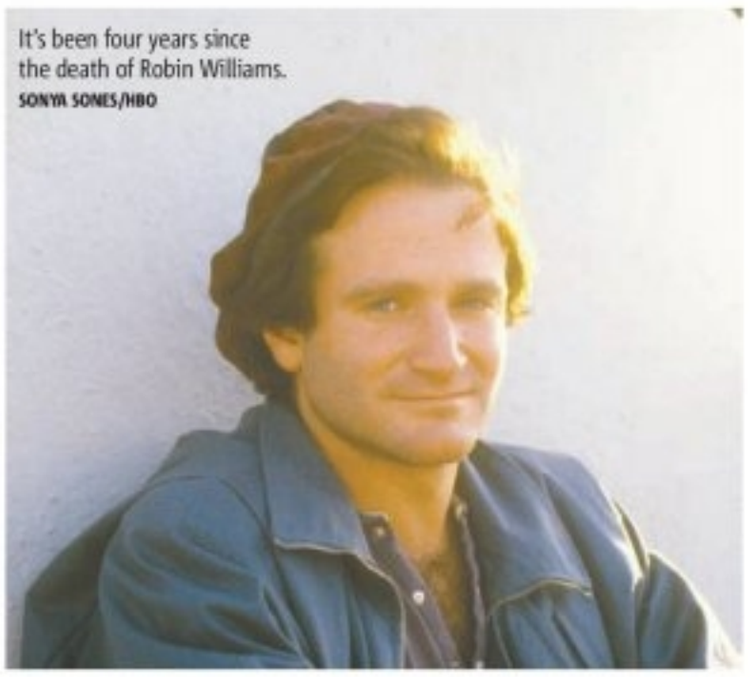
The life and career of Robin Williams,

The new documentary explores the life and legacy of the late comedian and actor. HBO



It's been four years since the death of Robin Williams. SONYA SONES/HBO

The new HBO documentary "Robin Williams: Come Inside My Mind" premieres tonight.

GREGORY WAKEMAN
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The death of Robin Williams on Aug. 11, 2014, sent a shockwave of sadness across the world.

Every fan of cinema and television had been impacted by Williams' captivatingly kamikaze comedic routines, which sparkled with an energy and humor that immediately made people fall in love with him. But it wasn't just comedy where Williams excelled, as his dramatic work was just as stellar, too. Lest we forget, he won the 1997 Academy Award for Best Supporting Actor for his performance in "Good Will Hunting."

The upcoming HBO documentary "Robin Williams: Come Inside My Mind" provides a probing and emotional look at the actor and comedian's life and career. We recently chatted with Williams' long-term manager David Steinberg about just that.

As an executive producer, what did you want to achieve with the documentary?

I managed Robin for 40 something years. For the last 30 of those me and him would speak once or twice every day. We would travel together we would work on his comedic material together, we were very, very close personally as well as business wise. I thought that it was really up to me to complete the cycle of my relationship with Robin, and doing the definitive piece on his genius. I told HBO I wanted to explore where that genius came from, because I thought that would be interesting for generations to come. And they agreed. It was important to me that the focus wasn't on the end of Robin's life, but the very creative part of his existence and his contribution to, not just American humor, but international humor.

Talk about Robin's transition from comedy to drama. How involved were you in that?

I know that we discussed

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as told by his long-term manager

the direction of his career. We had a policy of, when he was doing "Mork," we limited his television appearances. He wouldn't really do any others, I think he did a "Tonight Show" every now and then. Let's not forget that Robin was a trained actor at Julliard. He wanted to do more than just comedy films. Robin really enjoyed acting. He loved working.

Williams influenced a generation of performers. BORSARI/HBO

How did he evolve as a performer then?

Robin was a visitor from another planet. He was dropped in here, and people were privy to the conversations going on in his head, because he had them out loud. People spend their time thinking what they want to say. Robin spent his time saying what he wanted to say. He was very unfiltered. But he really hated … let me say it this way. Robin had these gloriously twinkling blue eyes and never an ill thought towards anyone. Robin didn't attack people, he attacked stupidity and greed and dishonesty. And what came into his head came out of his mouth, but along the way, he managed to create and bring so much knowledge to it. I have never known anyone as well read as Robin on so many subjects. Never. He could talk about medicine, nuclear medicine, war, politics, injustice, he was as well versed as anyone I have ever known on a variety of topics. It was a remarkable journey that 40 something years I spent with him.

"Robin Williams: Come Inside My Mind" debuts tonight at 8 p.m. on HBO.

HOW COMICS REMEMBER ROBIN WILLIAMS

Less than a month before the four-year anniversary of his death, Robin Williams will be remembered yet again with the premiere of Emmy Award-winning documentarian Marina Zenovich's latest, "Robin Williams: Come Inside My Mind." The film explores the famed comedian's contributions to the craft, and to the world at large.

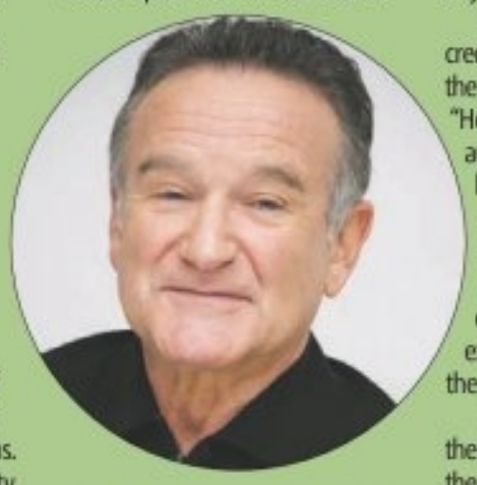
The documentary combines interviews with Williams, who serves as his own narrator of sorts, with comments from friends and fellow performers like Billy Crystal, Eric Idle, Whoopi Goldberg, David Letterman, Steve Martin and Pam Dawber, as well as his son Zak Williams. Yet this won't be the first time many of these famous individuals have spoken out about what the comedy actor meant to them. Many have been talking about it since the day he died.

The day the news broke, Williams' "Comic Relief" colleagues, Crystal and Goldberg, said the samething on Twitter: "No words." They later opened up about the matter on "The View," where Goldberg serves as a co-host, following Crystal's tribute to their late friend at the Emmy Awards. "He was such a great, dear friend of ours, and such a joyous spirit," he told her. "He was such an amazing person. He was the most brilliant performer you could ever imagine."

Of course, they weren't the only people whose lives and careers had been affected by Williams. Hence why so many stars had so many wonderful things to say about the man whose work had meant, and still meant, so much to them. Like Ben Stiller, whose parents performed with Williams at comedy clubs, and who himself got to work with the legend on the "Night at the Museum" films.

"His kindness and generosity is what I think of. How kind he was to anyone who wanted to connect with him. And he could not help but be funny all the time. He would do something as long as it would keep you laughing," he told Rolling Stone. "He made many, many film crews laugh out loud before the audiences ever saw it. He made such a big impact on the world. So there is the man, and his talent and I think in his case both were extraordinary."

In the weeks that followed, others spoke with various outlets



about Williams' death, and the impact his life had on them. The Guardian, in particular, interviewed several American comedians at the time. Margaret Cho, whose family's bookstore in San Francisco was visited frequently by Williams, recalled the awe of learning how to do stand-up in his presence.

"As an artist, Robin Williams represented the dizzy heights of brilliance we could aspire to," she said. "He was absolutely free and absolutely stunning – he could do anything and often did."

Others, like Louie Anderson credited Williams with inspiring their particular brands of comedy. "He made me want to work the audience, be off the cuff, be better, take more risks. We were in the same arena but I was more of a guernsey, a milk cow, and he was a crazy wild steer," Anderson explained. "He showed us that the sky's the limit."

There are plenty more where these came from, both just after the new of Williams' suicide broke in August of 2014, and in the years since. And if the arrival of "Robin Williams: Come Inside My Mind" on Monday is any indication, such nostalgic reveries won't be dissipating anytime soon. **ANDREW HUSBAND**

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5 TV series that redefined masculinity

These show have changed the way we view what "being a real man" means.

LUZ LANCHEROS
letters@metro.us

No crying, no complaining, no talking. Three masculinity traits that have been taught for centuries and have turned out to be more toxic than beneficial. Men must resist everything without talking, must overcome ordeals without crying (because boys don't cry) and therefore end up suffering more. In fact, the WHO stated in its last global report from 2014, that men commit suicide more than women, showing that in all continents there is a gender gap in terms of deaths, usually caused by depression and economic problems, that often by the traditional male ideology are not treated and are not even a topic of conversation.

"Women have talked for decades about what it is to be a woman, men were left behind. It is not about 'being a man' anymore, because we do not know what that means ... many boys are trapped in the old suffocating model of masculinity, where virility is measured in strength, where you should not look vulnerable and should look powerful over others," wrote Michael Ian Black in his viral column for The New York Times, "Boys are broken," after the Parkland massacre, which left 17 dead.

At least, in the cultural field, that is changing. TEDx Talks actor Justin Baldoni's "Why I'm Done Trying to Be 'Man Enough'" have gone viral and talk about those toxic criteria of masculinity. The Good Men Project, a portal that touches new masculinity topics, defines itself as "the place that talks about the conversation that no one is having" and collectives such as "Hombres Tejedores," in Chile, show that doing "feminine" activities is a value to appreciate, not despise.

But in recent years, there have also been shows that have reconsidered what it is to "be a man" and have been praised by critics and audience for posing new male gender roles. These are the most popular.

"Queer Eye" (Netflix-2018)

We all remember the 2003 Bravo TV show that showed five gay men specialized in decoration, fashion, cooking, beauty, etc. that made over men from scratch. Netflix resumed this premise 15 years later with refreshing diversity that changes the parameters of masculinity in places in the United States where "being an alpha male" is a priority (like the Bible Belt). The men, called "heroes," spend a week with the new "Fab-Five," a team of professionals integrated by Karamo Brown (culture), Antoni Porowski (culinary), Jonathan Van Ness (personal care), Bobby Berk (interior design) and Tan France (fashion consultant), who have different backgrounds and personalities and show how complex the masculine story is.

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"This is Us" (2016)

This television drama, which has been on the air for two seasons, shows feelings, but it is not sentimental like big hits from TV chains like Showtime or The CW in 2000. It is a drama that shows the importance of family, how they relate and how they face their problems. Jack (played by Milo Ventimiglia) has been one of the most praised, due to the feelings shown towards his family and also in how he handled his fatherhood.

"Steven Universe" (2013)

Here there is no hardened and one-dimensional cartoon hero, Steven and his father (who practically raised him on his own before he met the "Crystal Gems") are what are known as "soft masculinity" models: men who are defined by values such as love and skills considered to be "feminine," as well as emotional strength, vulnerability, and even a rejection to the traditional "bro-culture" that objectifies women. Steven feels comfortable with the female universe and its codes to build his personality.

The police comedy, which is also on Netflix and has five seasons, does not show the typical hairy chest cop that kills them all. In fact, its male characters show diversity, vulnerability and complexity in many ways. From Captain Holt, a gay man who isn't at all a stereotype, Jake Peralta (Andy Samberg), with a childish personality, but trying to do the right thing, Detective Charles Boyle (Joe Lo Truglio), who does not hide his passion and talent for the kitchen and finally, Sergeant Terry Jeffords, who in spite of obeying the typical stereotype of the rude policeman, always shows his love and concern for his family and is interpreted by Terry Crews, active collaborator of the #MeToo movement. All their stories hilariously show their conflicts between the "new" and "old" masculinity and the struggles they give to claim themselves as individuals.

"Brooklyn Nine- Nine" (2013)

"RuPaul Drag's Race" (since 2009)

It has been on the air for 10 seasons and already has two more seasons confirmed becoming a stage of contemporary pop culture. From being "America's Next Top Model's" child, the format evolved to show the life stories of each participant, how they reinterpret femininity through challenges, their outfits, their gestures and their attitude towards life. It has had judges who represent the zeitgeist and who are tireless pro-diversity fighters, such as Lady Gaga and La Toya Jackson, among others. The show is also a platform for different bodies and races (it even showed a transgender person) and RuPaul - who has had to fight against the stigma of his sexual orientation and his race and has been a pioneer of the mainstream drag movement - acts as the matriarch of all of them. In fact, the show has been debated for how it has treated masculinity and stereotypes.

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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 23, 2018 @ 3PM** at the Safeguard Self Storage facility located at **3300 FRANKFORD AVE., PHILADELPHIA, PA 19134.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#4613 - Tracy Edmonds, #2602 - Christopher Abraham, #4404 - Suehaydee Caraballo, #2518- Erika Carter, #4809 - Keisha Carter, #4206 - Latesha Evans, #2205 - Kevin Jackson, #2405 - Fatima Lawrence, #3506 - Ryheema Matthews, #3106 - Myrna Rivera, #3513 - Crystal Robinson, #4106 - Ronan Teixeira, #1501 - Sharde Walker
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **7/23/18** at **11AM** at the Safeguard Self Storage facility located at **1221 N Broad Street, Philadelphia PA 19122.** The personal goods stored in the following space numbers by the following tenant(s):
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Sharon Gilbert Unit #2221 • Cherie Thomas Unit #2506 • Gwendolyn Murph Unit #3103
Craig Robinson Unit #3410 • Kimberly Hills Unit #4415 • Alexis Monroe Unit #A4316
Chad Ross Unit #A4429 • Jorge Avila Unit #A4440 • John Berry Unit #3223
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 23, 2018 @ 2:00PM** at the Safeguard Self Storage facility located at **6371 Keystone Street Phila, PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):
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#2106 Nicole D Mackey, #2106 A Taste of Soul,
#2310 Stanley R Simon, #2329 Lakeesha Pryor
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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 23rd, 2018 @ 10:00AM** at the Safeguard Self Storage facility located at **6224 Germantown Ave Phila. PA 19144.** The personal goods stored in the following space numbers by the following tenant(s):
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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 23, 2018 @ 3PM** at the Safeguard Self Storage facility located at **830 EAST HUNTING PARK AVE., PHILA., PA 19124.** The personal goods stored in the following space numbers by the following tenant(s):
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#3405-Princessa Alicea, #2231 -Humberto Baez • #3516-Adrian Boddie • #3219-Irma Colon • #1105-Irene Holliman #3104-Jamal Mullins • #1123-Maxine Mullins • #3333- KRISTY RIVERA • #3704-Venetta D Toney • #2410-Deandre Wally
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 23, 2018 @ 9:00AM** at the Safeguard Self Storage facility located at **1499 66th Avenue Philadelphia, PA 19126.** The personal goods stored in the following space numbers by the following tenant(s):
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Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 23, 2018 @ 3PM** at the Safeguard Self Storage facility located at **1333 Rhawn Street Phila. PA 19111.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#2121-Amanda Evans, #2621-Macey Macintosh,
#1121-Tara McQueen, #1139-Michael Knox
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Bottalico calling it like it is

The former Phillies pitcher pulls no punches on TV.

JON MARKS
sports@metro.us

Ricky Bottalico had two stints pitching for the Phillies. GETTY IMAGES

Once a Philadelphia Phillies' all-star pitcher on the mound, Ricky Bottalico can't help but cringe each time Gabe Kapler makes the call to his bullpen.

Not so much because it's been wildly inconsistent much of the season, with no fewer than nine different pitchers recording saves among the 23 he's used—plus two position players. Its more so because of the uncertainty that must reverberate around the pen each time the phone rings.

Take it from one who's been there, relievers like to know their roles so they have a general idea when to expect that call to be for them and can be adequately prepared. That's simply not happening with this team.

And it's driving Bottalico, now in his—believe it or not 11th season—as pre and post-game analyst for NBC Sports Philadelphia, up the wall.

"That would drive me nuts, absolutely crazy," admitted the 48-year-old Bottalico, who recorded 116 career saves — 34 during his 1996 all-star season in Philadelphia –with a 3.99 ERA in his 12- year career with the Phillies (twice), Mets, Cardinals, and Brewers.

Bottalico pitched with six different MLB clubs. GETTY IMAGES

"There were a couple of years I went into a season and wasn't really sure if I'd be the closer or setup man," he added. "But I always wanted to have some kind of idea, because I was the type of player who worked on that adrenaline rush. Bullpen guys are simple. You let them know what's going on, that's that."

Only Ricky Bo has been around the game long enough to know it's no longer that simple. The advent of analytics and the pre-occupation with pitch counts have turned each game into a three-plus hour ordeal, usually filled with countless pitching changes.

From his studio chair, Bottalico sees it all through the unique lens of someone who's lived it. But he goes beyond simply explaining to the viewers what they're watching. He identifies with them as a fan, but not the so-called "homer" who only sees the positive and excuses everything else.

If a player is not hustling, he will let you know about it. If a player forgets the number of outs or makes some other mental error he will call them on it, just like the guy sitting at home.

While many former players who go on the air see no evil, Bottalico is sort of a modern-day Howard Cosell.

He'll tell it like it is because he believes fans deserve nothing less.

"He's a fan of the team, but at the same time if they fail to do something they should he calls them on it," said his longtime on-air sidekick, Michael Barkann.

"I think most folks respect him for that, especially since he played the game and knows what should happen and when," said Barkann. "But what I like is you can argue with him a little bit and he doesn't take it personally. We're just having a conversation."

Often those conversations between Barkann and Bottalico are about the current state of baseball.

"He's a fan of the team but at the same time if they fail to do something they should, he calls them on it."

Michael Barkann

"The game has changed so much," said Bottalico, who grew up in Hartford, Connecticut and played at Central Connecticut State where he went undrafted. He then signed as a free agent with the Phillies in 1991 and was in the majors by 1994.

While it may look like he's made a seamless transition, Bottalico gives credit to some of the best.

"When I played I sat in the back of the plane and in the seats behind me were Larry Andersen Harry Kalas," he revealed.

"I hung out with those guys a lot. I liked learning what they had to say and what they were thinking from the outside looking in. I think that made the transition easier for me."

More than a decade later, Bottalico has established himself on their level, even though it bugs him today's relievers often don't get to finish "their own messes," as he puts it.

"What makes you a good reliever is you have to be able to work your way out of bad situations," explained Bottalico. "I was never one of those guys who felt really comfortable having a safety net behind me."

"But I don't blame Gabe. The Phillies hired him for who he is. They wanted a guy who's very confident and passionate and really wants to protect his players. That's what they have."

When it comes to Ricky Paul Bottalico what Phillies fans truly have is one of their own. A guy who won't sugarcoat what's happening between the lines and will always keep them informed.

Apparently once an all-star, always an all-star.

Phils still in contention for Machado

The Phillies have had 'extensive talks' with Baltimore.

JOVAN ALFORD
jovan.alford@metro.us

There appears to be some new information regarding the Philadelphia Phillies and their quest to possibly acquire Manny Machado in a trade. ESPN's Buster Olney reported on Saturday that the Baltimore Orioles have narrowed their search to a small group of teams.

Out of that small group of potential trade suitors, Olney said that the Orioles have had extensive conversations with the Philadelphia Phillies. The Phillies have been mentioned as a possible destination for Machado over the last few weeks.

However, it seemed like they had fallen out of the mix for him, due to what Baltimore was asking for in return for the All-Star shortstop. A couple of weeks ago, CBS Sports HQ MLB analyst Jim Bowden listed the Phillies along with the St. Louis Cardinals as front-runners for Machado.

Bowden mentioned that the Phillies did not want to put Sixto Sanchez in a deal for Machado. Sanchez is Philadelphia's top minor league prospect.

If that is the case, the Orioles reportedly have their eyes on other players within the Phillies' system, according to Olney.

Some of these players are pitcher Franklyn Kilome, outfielder Jhailyn Ortiz, infielder Arquimedes Gamboa, and pitcher Adonis Medina.

A majority of these minor league players are still in Single-A ball, while Kilome is in Double-A.

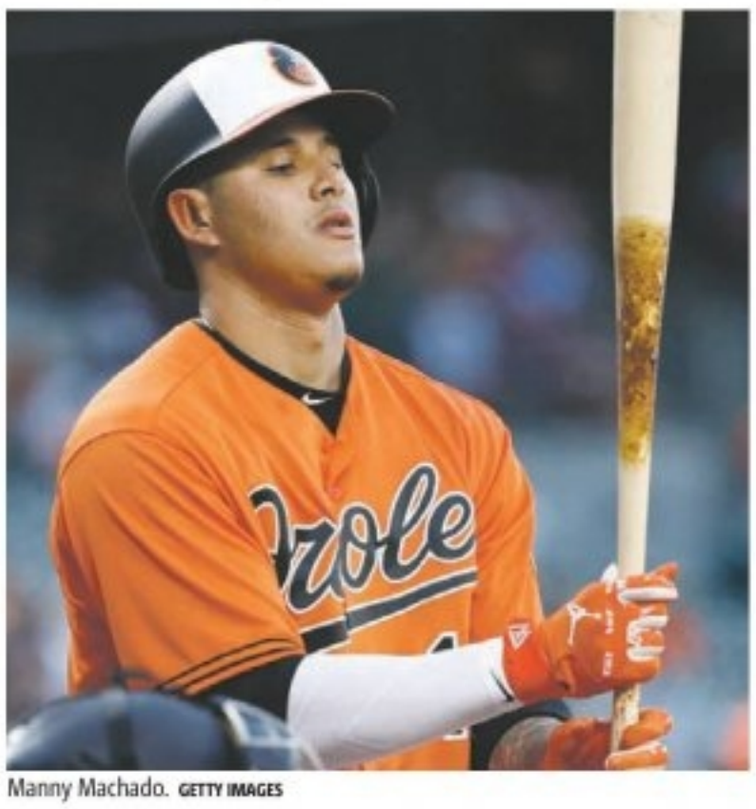
It definitely seems as if the Orioles want a multitude of top prospects in return for Machado to help them in their rebuilding process.

Therefore, if the Phillies do not have to give up Sanchez for Machado, they may be more inclined to pull the trigger on a deal.

This season, Machado is having a career season offensively at shortstop. He is batting .313/.384/.566 with 23 home runs and 64 RBIs.

Even if they cannot add Machado by the deadline, best believe Philadelphia's front office will roll out of the Brinks truck for him in free agency.

In addition to the Phillies, Jon Heyman of Fancred Sports reported that the Milwaukee Brewers have made a "good offer" to Baltimore for Machado.



Manny Machado. GETTY IMAGES

Manny Machado is one of the players most likely to be dealt ahead of the MLB trade deadline. GETTY IMAGES

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Court of Common Pleas for the County of Philadelphia,
June term, 2018, No. 002540.

Notice is hereby given that on June 28, 2018, the petition of: Nina Quarles was filed, praying for a decree to change her name to: Nina Muhammad. The Court has fixed court date August 2nd, 2018, at 1:30 PM in Room No. 691 for hearing.

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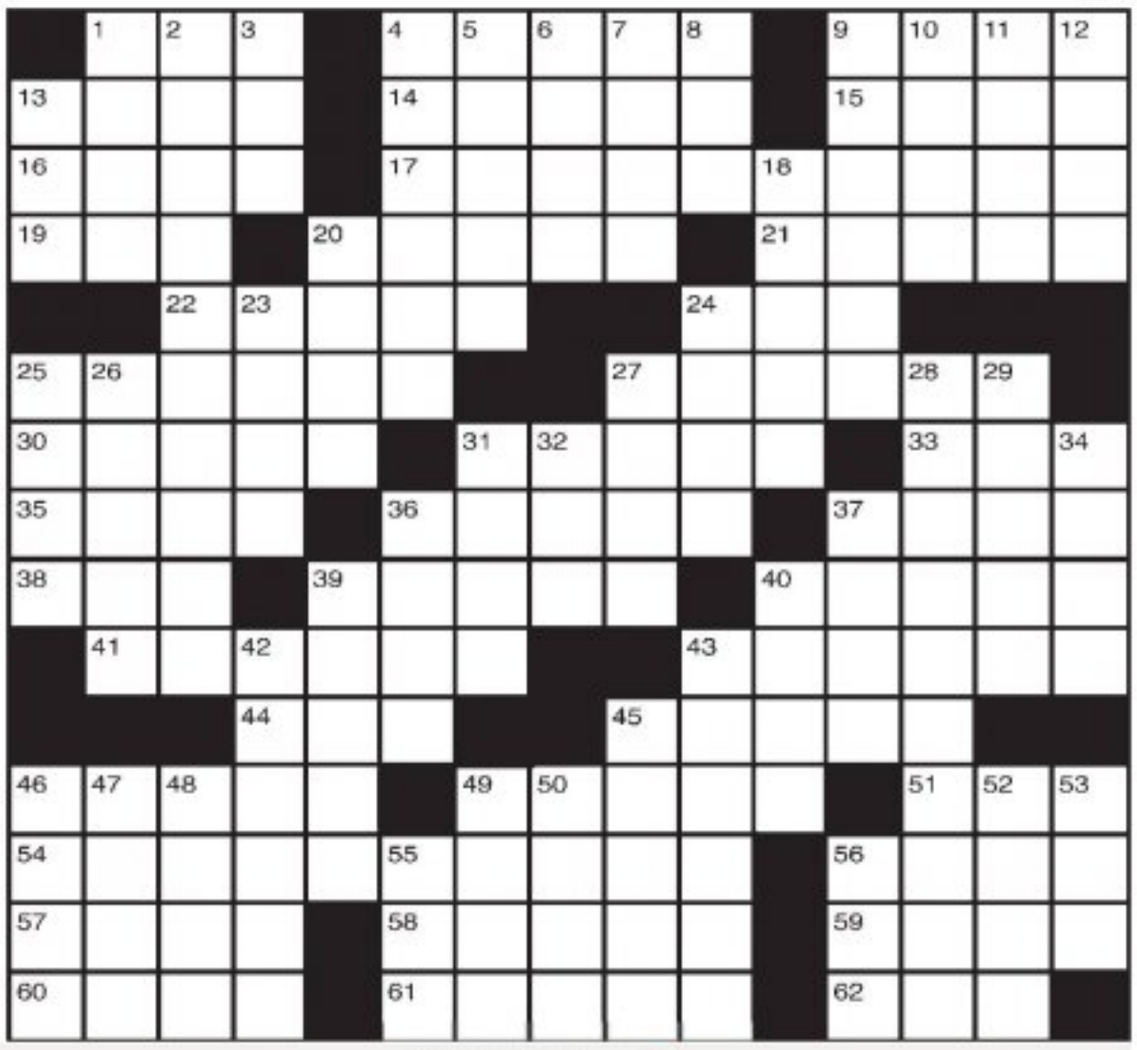
GAMES

metro.us/crossword

BY TCA



Powered by Arkadium

Check your answers at metro.us/games

ACROSS

1 __ and sis; siblings
4 Uses a sieve
9 Slightly open
13 Get bigger
14 __ to; before
15 Actor Rob __
16 __ Street; NY Stock Exchange location
17 Sounds familiar
19 Flying insect
20 Elephant teeth
21 Unkempt
22 Be a freeloader
24 Mustang or Jaguar
25 Author Charlotte
27 Palace
30 Cowboy competition
31 Jail rooms
33 Ames and Sullivan
35 Eras
36 Christmas song
37 Created
38 Actor Brynner
39 Unclothed
40 Bulgaria's capital
41 Flee
43 Chickenpox symptoms
44 "Thanks a __!"
45 Rope with a noose
46 "Get lost!"
49 Gets caught on a thorn
51 __ Beta Kappa
54 Nutritious
56 Made fun of
57 Encourage
58 Small weight
59 Rescuer
60 Finest
61 Spirited horse
62 "Diamonds __ Forever"; 007 film

DOWN

1 Scottish hillside
2 Folks worth imitating
3 Night bird
4 Evergreen tree
5 Dublin residents
6 Tattletale
7 Clothes
8 Last year's Jrs.
9 Mr. Einstein
10 Montana & others
11 Hole-making tools
12 __ on; have confidence in
13 Initials for Clinton's successor
18 Accumulate
20 Oz visitor
23 Singles
24 __ for; summon
25 Donkey's cry
26 Scoundrel
27 Lump of dirt
28 Jumping insect
29 Liz's Fisher
31 Dessert choice
32 Before
34 Yellow and Aegean
36 Hook or Kangaroo: abbr.
37 Velvety green ground cover
39 One of the Judds
40 Be disrespectful
42 Red wine
43 Frayed
45 Cyclist Armstrong
46 Ignore with disdain
47 Apple's center
48 Carpets
49 Close
50 Bedtime, for some
52 In this place
53 Wedding words
55 Distress signal
56 Cry of discovery

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HASSMAN RESEARCH INSTITUTE

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